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ABSTRACT

The teacher's guide was developed as part of an initiative by the Council on Family Health to encourage speakers of English as a second language (ESL) to read and understand the information on over-the-counter and prescription drugs. It contains classroom activities, handout materials, and suggestions for presenting lessons on label reading. It is intended for adult and youth students of ESL at all skill levels, and does not require special medical expertise on the teacher's part. The materials are designed to serve as the framework for a larger unit on health. Contents include teacher instructions for three units (beginner, intermediate, advanced), each including learning objectives classroom procedures, and activities (dialogues, questions and answers, a matching exercise, a list of key concepts and meanings, completion exercises, new vocabulary, reading passages and comprehension exercise). A teacher's glossary consisting of health- and drug-related terms is appended. A large instructional poster on the medicine label and related handouts in English, Spanish, Creole, French, Russian, Chinese, and Vietnamese are included separately. (MSE) (Adjunct ERIC Clearinghouse on Literacy Education)

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ED 411 705

Read the Label

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The Council on Family Health is a non-profit [501(c)(3)] organization, established to educate consumers about the proper use of non-prescription and prescription medicines, home safety and personal health.

Founded in 1966, the Council serves as an important communications liaison between all who are interested in health care: consumers, health care professionals and medicine manufacturers.

MESSAGE FROM WILLIAM I. BERGMAN, PRESIDENT, THE COUNCIL ON FAMILY HEALTH

On behalf of the Council on Family Health, I am delighted to send you the following Teacher's Guide to help you teach the Read-the-Label messages to your ESL students and members of your community. We hope you will use these materials in your classroom and we look forward to receiving feedback on the success of your efforts.

The Read-the-Label ESL Initiative is a new program sponsored by the Council on Family Health. The Initiative encourages and teaches people who speak English as a second language to read and understand the information on over-the-counter and prescription medicine labels.

As part of the Initiative, the Council on Family Health has developed this Teacher's Guide. The Guide contains classroom activities and handout materials and is designed to assist you in teaching the Read-the-Label lessons to your students. Please understand that you do not need to be a medical professional to use these materials successfully with adult and youth ESL students. The Guide provides enough information for you to teach the lessons effectively. The activities proposed in the Guide are intended to serve as the framework for a larger unit on health. We strongly urge you to include these materials in discussions and activities that deal with preventive medicine and health.

LEARNING OBJECTIVES

At the end of this training, students will:

- Understand why medicine labels provide necessary information to help them take medicine safely and effectively.
- Know where to find information on the medicine label.
- Understand the key label terms.

HOW TO USE THIS GUIDE

The Teacher's Guide includes lessons for beginning, intermediate and advanced students that can be interchanged to best suit the individual needs of your class. The Guide will assist you in teaching students why they should read the label before taking medicine and how to interpret the label information.

BEGINNING LEVEL—TEACHER INSTRUCTIONS

I. Read-the-Label Informal Discussion

Begin the Read-the-Label unit with an informal discussion about maintaining general health. For example: How often, when and why do you go to the doctor? What do you do to keep yourself in good health? Next, ask more specific questions about medicine use. Do you ever take medicine? Do you read the label on the medicine bottle before you or your child takes medicine?

II. Dialogue—*At the Pharmacy*

Read the dialogue aloud. Then read the new vocabulary words and explain their meanings to your students. Have the students say each word aloud. **Use an actual medicine container as a prop to illustrate the new words.**

III. Reading the Label

A. Read-the-Label Questions and Answers

Read each question and answer aloud. Then have students complete the Read-the-Label Handout A.

B. Handout A—Read the Label Mix & Match

This handout reviews the questions and answers discussed above. Make copies of this handout and ask your students to complete the exercise by drawing a line from each question to the correct answer.

C. Dialogue—*Asking for Help*
Read the following dialogue aloud with one of your students. Next, pair the students and have them practice the dialogue. Each student should have the chance to perform both roles.

IV. What to Look For On the Label

A. Handout B—The Medicine Label - A World of Information
If you have overhead capabilities, make a transparency of the handout entitled "The Medicine Label - A World of Information." Also distribute copies of Handout B to your students to use during the next few exercises.

"The Medicine Label - A World of Information" is an important take-home reference for your students. These reference sheets clearly define the key label concepts in English and six different languages. You can reproduce appropriate sheets to match the native languages of your students.

B. Key Concepts
Read each key label concept and discuss what it means. If you think it will be helpful, use medicine containers as props.

C. Vocabulary
Read and explain the new vocabulary words to your students.

V. Handout C—Can You Read the Label?

This handout is a homework assignment aimed to give your students a chance to practice their "Read-the-Label" skills **outside of the classroom.** The exercise asks students to choose a medicine they have at home and to answer the questions on the sheet based upon the label information on the medicine they choose.

Suggestion: Bring sample medicine bottles to your classroom and do the handout in class with your students. Then, ask them to try the handout by themselves at home.

"The Medicine Label - A World of Information" is available in English and the following languages:

- **Spanish**
- **French**
- **Creole**
- **Chinese**
- **Vietnamese**
- **Russian**

DIALOGUE

At the Pharmacy

José: I went to the doctor today.

Marta: Why?

José: Because I don't feel well. I have a sore throat and a cough.

Marta: What did the doctor say?

José: He told me to rest and to buy some cough medicine.

Marta: Doesn't cough syrup make you sleepy?

José: I hope not. I have to work tonight.

Marta: If you read the label on the cough syrup container, it will tell you if the cough syrup will make you sleepy.

José: (Reading the label aloud) It says "this product may make you feel drowsy (sleepy)." I better not take it before I go to work.

Marta: I'm glad you looked at the label before you took the medicine.

VOCABULARY

medicine
container
label
sleepy
pharmacy
drowsy

READ-THE-LABEL QUESTIONS AND ANSWERS

Q. Why is it important to read the label?

A. Reading the label helps you take your medicine correctly.

Q. When should I read the label?

A. You should always read the label ***before*** you take your medicine.

Q. Where can I find the information?

A. On the label of all of your medicines.

Q. How long does it take to read the label?

A. It only takes a few minutes.

Q. What if I don't understand the information on the label?

A. If you don't understand the information on the label, do not take the medicine. Ask your doctor, pharmacist or someone who knows about medicines to help you.

READ THE LABEL
MIX & MATCH

Instructions: Draw a line from each question to the correct answer.

Questions	Answers
What if I don't understand the information on the label?	Reading the label helps you take your medicine correctly.
Where can I find the information?	You should always read the label before you take your medicine.
How long does it take to read the label?	On the label of all of your medicines.
Why is it important to read the label?	It only takes a few minutes.
When should I read the label?	If you don't understand the information on the label, **do not take** the medicine. Ask your doctor, pharmacist or someone who knows about medicine to help you.

NAME _____

DIALOGUE

READ THE DIALOGUE ALOUD WITH A PARTNER

Asking for Help

Rosa: My doctor gave me a prescription for this medicine but I am not sure how many pills to take.

Leo: Did you read the label on the container?

Rosa: Yes, but I still don't understand.

Leo: Ask the pharmacist for help.

Rosa: That's a good idea.

Pharmacist: Can I help you, miss?

Rosa: Yes. How many of these pills should I take?

Pharmacist: It tells you on the label. You should take two pills every six hours. Take the first two pills at 12:00 noon.

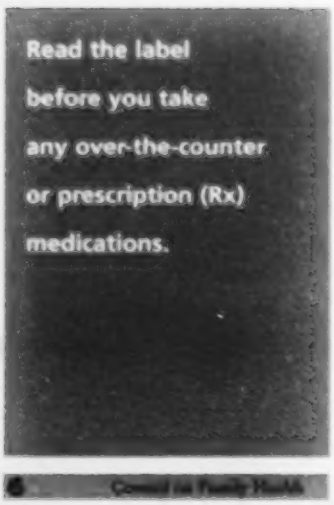
Rosa: If I take two at noon, then I should take two more at 6:00 PM.

Pharmacist: That's right. Then take two at midnight and two more at 6:00 AM.

Rosa: I understand now. Thanks.

Pharmacist: You're welcome.

Rosa: Good-bye.



KEY CONCEPTS

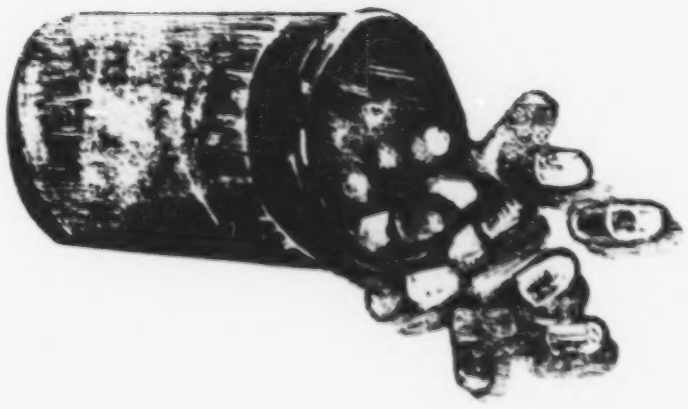
CONCEPT	MEANING
Tamper Resistant Feature	Safety measures such as child-proof caps and safety seals
Indications for Use	Tells you which diseases or physical sicknesses your medicine can treat
Directions and Dosage	Tells you: • How to take your medicine • How much to take • How often to take it
Warnings	Tells you: • When you should not take the medicine • Possible side effects • What to do in case of an overdose (taking too much) • Precautions for women who are pregnant or nursing
Drug Interaction Precautions	Tells you: • To talk to your doctor before taking certain medicine • To not take certain medications if you already have a medical condition such as heart disease or diabetes • To not take certain medications if you already take another medication
Listing of Alcohol	Tells you how much alcohol the product contains
Expiration Date	Tells you the date when the medicine is no longer effective. Do not take medicine after the expiration date.

VOCABULARY

doctor	**dosage**	**safety seal**	**tamper resistant feature**
warnings	**overdose**	**prescription**	**over-the-counter**

Fill in the blanks with the correct word from above.

1. Before you take any medicine, make sure to check the_____ or other _____.
2. The _____ on the label tell you how much medicine to take and how often to take it.
3. If you are pregnant, you should always read the _____.
4. When you take too much of a medicine it is called an _____.
5. Speak to your _____ before taking certain medications.
6. When your doctor writes a _____ for medicine, it must be filled by the pharmacist.
7. An _____ medicine can be purchased off the shelf without a doctor's prescription.



CAN YOU READ THE LABEL?

Instructions: Choose a medicine that you have at home and practice reading the label. After you have read the label several times, answer the following questions.

How often should you take the medicine? How many pills should you take?

_____

_____

_____

Does the product contain alcohol? _____

Does the product have a safety cap? _____

What type of illnesses/conditions does the medicine treat? (Example: aspirin treats a headache and a fever)

_____

_____

_____

_____

What are the warnings?

_____

_____

_____

_____

What is the expiration date? _____

NAME _____

I. What to Look For On the Label

A. Handout B—The Medicine Label - A World of Information:

If you have overhead capabilities, project the transparency entitled "The Medicine Label - A World of Information" on a wall or screen. Also, distribute copies of Handout B to your students to use during the next few exercises.

B. Key Concepts

Read each key label concept, point to its place on the label and discuss what it means. If you think it will be helpful, use medicine containers as props.

C. Vocabulary

Read and explain the new vocabulary words to your students.

D. Read-the-Label Exercise

Ask your students to thoroughly read the labels on the page and then answer questions about those labels.

E. Highlight: The Pharmacist

Discuss the role of the pharmacist with your students. Use the phrases and vocabulary words to support this lesson.

F. Dialogues

Read each of the following dialogues aloud with one of your students. Next, pair the students and have them practice each dialogue. Each student should have the chance to perform both roles.

1. At the Pharmacy
2. Husband and Wife at Home
3. Mothers Discuss Label Warnings

II. Handout C—Can You Read the Label?

This homework assignment will give your students a chance to practice reading the label outside of the classroom. The exercise asks students to choose a bottle of medicine they have at home and to answer the questions on the sheet based upon the label information on the medicine they choose.

SUGGESTED ACTIVITY

Invite a local pharmacist to come to your class and speak about reading the label.

III. Laura's Story—Reading Comprehension

Read the story aloud. Go over the new vocabulary words. Then, have your students read it quietly. Ask them to consider the reading comprehension questions and to prepare answers. Go over the reading comprehension questions as a class. Call on students to provide answers.

IV. Vocabulary Fill In the Blank

Have students fill in the blanks with the appropriate vocabulary word.

READ THE LABEL EXERCISE

Instructions: Read the two labels below carefully and answer the following questions.

DO NOT USE IF PRINTED SEAL AROUND CAP IS BROKEN OR MISSING

INDICATIONS: For the temporary relief of minor aches and pains associated with a cold, headache or toothache; muscular aches; backache; premenstrual and menstrual periods; for the minor pain from arthritis and to reduce fever.
ADULT DOSE: 1 or 2 tablets with water every 4 hours, up to 12 tablets a day.
WARNINGS: Children and teenagers who have or are recovering from chicken pox, flu symptoms or flu should NOT use this product. If nausea, vomiting or fever occur, consult a doctor. Do not take this product for pain for more than 10 days, or for fever for more than 3 days, unless directed by a doctor. Do not take this product if you are allergic to aspirin or if you have asthma unless directed by a physician. Do not take this product if you have stomach problems (such as heartburn or upset stomach) or if you have ulcers or bleeding problems unless directed by a physician. Keep this and all drugs out of reach of children. In case of an accidental overdose, seek professional assistance. **If you are pregnant or nursing a baby, seek the advice of your doctor before taking this product.**
DRUG INTERACTION PRECAUTION: Do not take this product if you are taking a prescription drug for anticoagulation (thinning of the blood), diabetes, gout or arthritis, unless directed by a physician.

Example 1

CAP SEALED WITH BREAKAWAY BAND FOR YOUR PROTECTION

This product provides fast, effective relief in a nonconstipating, dietetically sodium-free formula.
INDICATIONS: For the relief of heartburn, acid indigestion, sour stomach and symptoms of gas and upset stomach associated with these conditions or overindulgence in food and drink.
DIRECTIONS: Shake well. Take 2-4 teaspoonfuls between meals and at bedtime or as directed by a physician. Do not freeze.
WARNINGS: Keep this and all drugs out of the reach of children. Do not take more than 24 teaspoonfuls in a 24 hour period, or use the maximum dosage for more than two weeks, or use this product if you have kidney disease except under the advice of a physician.
DRUG INTERACTION PRECAUTION: Antacids may interact with certain prescription drugs. If you are presently taking a prescription drug, do not take this product without checking with your physician or other health professional.
ACTIVE INGREDIENTS: Each teaspoonful contains a balanced combination of 200 mg. Aluminum Hydroxide, 200 mg. Magnesium Hydroxide, and 20 mg. Simethicone.

Store at room temperature.

Example 2

1. What problem does the medicine in Example 1 treat? In Example 2?

2. How much of the medicine in Example 1 are you supposed to take in one day?

3. How often are you supposed to take the medicine in Example 2?

4. Do the medicines have any side effects? If so, what are they?

5. What do the warnings say?

HIGHLIGHT:

THE PHARMACIST

Who is the pharmacist?

- The pharmacist fills prescriptions.
- The pharmacist gives the customer advice.
- Part of the pharmacist's job is to help you.
- The pharmacist asks you questions about your health.

What the pharmacist might say:

- Who is your doctor?
- Do not take more than four pills a day.
- Take this medicine with food.
- Do not drive after you take this medicine.
- _____
- _____

Questions you might ask the pharmacist:

- Will this medicine make me tired?
- What can I take for a cold?
- Can you refill this prescription?
- Is this an over-the-counter drug?
- What is the expiration date?
- Can I have a generic brand?
- _____
- _____

Questions to consider:

- How is a pharmacist different from a doctor?
- How does a person get medicine in your native country?
- Describe how medical practices are different in your country.

VOCABULARY

generic brand **over-the-counter drug** **refill** **expiration date**

DIALOGUE

At the Pharmacy

PRACTICE THE DIALOGUE WITH A PARTNER.

José: Excuse me, can you help me?

Pharmacist: Sure, what do you need?

José: I have a sore throat and a fever and my doctor told me to buy some cold medicine.

Pharmacist: I suggest you buy this cold medicine. Take one caplet, two times a day.

José: When do I start taking the pills?

Pharmacist: Take one at 8:00 PM tonight when you get home. Then take one at 8:00 AM when you wake up tomorrow.

José: Will this medicine make me sleepy?

Pharmacist: It might. So be careful. Read the label before you take it.

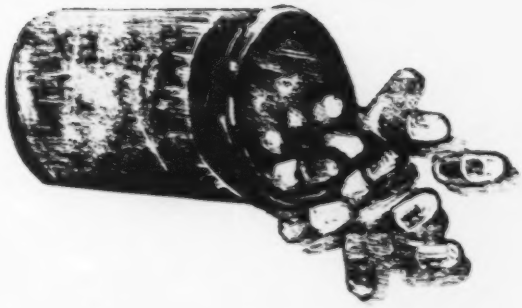
José: Thanks, I will.

VOCABULARY

medicine	**fever**	**sore throat**	**suggest**
label	**sleepy**	**pharmacist**	**caplet**

An *over-the-counter* drug can be purchased off the shelf without a doctor's prescription.

A *prescription* drug must be ordered by a doctor and filled by a pharmacist.



DIALOGUES

PRACTICE THE DIALOGUES WITH A PARTNER.

Husband and Wife at Home

Wife: I have a headache. Do we have any aspirin?

Husband: Yes. I'll bring you some.

Wife: How many caplets should I take?

Husband: Read the label on the container. The part that says "dosage" will tell you how many to take.

Wife: It says to *take 2 pills every four hours as needed.* It's almost 7:00 PM now. I'll take two pills.

Husband: If you still have a headache later, take two more before we go to sleep at 11:00 PM.

Mothers Discuss Label Warnings

Sylvia: I have a fever.

Monica: Did you take any medication?

Sylvia: No. I'm not sure if it's safe because I'm pregnant.

Monica: Read the **warnings** on the label of your medicine. Warnings tell you if it is safe to take certain medications while you're pregnant.

Sylvia: I think I'll ask my doctor, too.

Monica: That's a good idea.

Sylvia: I don't want to do anything that will hurt my baby.

LAURA'S STORY

I want to tell you a story about myself. My name is Laura. I have been married for five years. I am a mother and a wife. I have one child - a son named Ricardo. He is three years old. He is a happy and healthy boy.

While I was pregnant with Ricardo, I didn't feel very well sometimes. One time, I felt nauseous and dizzy. I sent my husband to the drug-store to buy me some over-the-counter medicine. I felt very bad. I called my mother to tell her how bad I felt. She told me not to take any medicine. She told me to talk to my doctor first.

I knew my mother was right, but I felt bad and I wanted to take the medicine. Then my husband came home. He had the medicine in his hand. He wasn't sure if I should take the medicine because it would hurt my baby.

I looked at the label. It said "If you are pregnant, talk to your doctor before you take this medicine." I called my doctor right away. He told me not to take that medicine.

It is very important to read the label on all your medicines, especially if you are pregnant. I am now pregnant with my second child. Sometimes I don't feel well again. But I always read the label and call my doctor before I take any medication. I am not taking any chances. I want to be safe. I want my family to be safe.

VOCABULARY

safe

feel well

chances

married

call

symptoms

healthy

wife

happy

nauseous

drugstore

READING COMPREHENSION

1. How old is Laura's son? What is his name?

2. How long has Laura been married?

3. What symptoms did Laura have?

4. Where did her husband go?

5. Whom did she call?

6. What did the label on her medication say?

7. What did her doctor tell her?

8. What are some reasons why it is important to read the label on your medications?

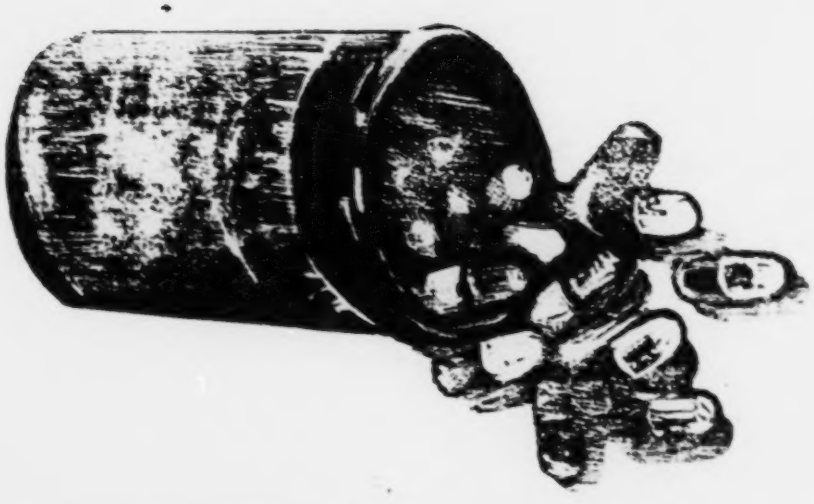
Over-the-counter and prescription medications work well and are safe when taken correctly.

VOCABULARY

side effect **directions** **expiration date** **pharmacist**
caplets **sleepy** **drugstore**

Fill in the blank with the correct word from above.

1. Don't take this medicine before you drive, it might make you_____.
2. Sleepiness is an example of a _____.
3. Always read the _____ before you take any medicine.
4. When you go to the _____ the _____ is the person who will help you.
5. The doctor told me to take two _____ three times a day.
6. The _____ tells you until when your medicine is effective.



I. Drug Interaction Precautions Dialogue

Read the dialogue on the following page aloud with one of your students.

Next, pair the students and have them practice the dialogue. Each student should have the chance to perform both roles.

II. Vocabulary

Go over the new vocabulary words. Make sure that the students understand their meanings.

III. Handout D—Test Your Knowledge

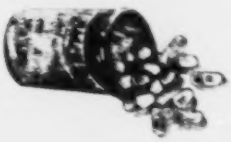
Ask your students to answer the following questions either in class or as a homework assignment.

IV. Protect Yourself Against Tampering Reading

Ask one of your students to read this section aloud. Then discuss the reading and ask your students questions.

DIALOGUE

PRACTICE THE DIALOGUE WITH A PARTNER.



Michael: I am going to take this pain medicine for my leg.

Rosie: But don't you already take medication for your diabetes?

Michael: Yes. Why does that matter?

Rosie: Because when you mix medications, it can sometimes be dangerous. You can't take some medications if you have an existing condition. If you read the label on the medication it will tell you how to safely take the medicine.

Michael: OK, I'll read the label.

Rosie: What does it say?

Michael: It says "Do not take this medication if you have diabetes unless directed by a doctor."

Rosie: You were smart to read the label before you took that medicine.

VOCABULARY

diabetes

dangerous

existing condition

interaction

precaution

directed

TEST YOUR KNOWLEDGE

Answer questions 1, 2 and 3 by circling the correct answers. (You can circle more than one answer for each question)

1. **Which two of the following three choices are examples of tamper-resistant features on medicine containers?**
   - A. safety seals
   - B. protective bars
   - C. safety caps

2. **Directions and dosage information provide which of the following information?**
   - A. how to take the medicine
   - B. how much to take
   - C. when to take the medicine
   - D. all of the above

3. **Warnings on the medicine label indicate what information?**
   - A. possible side effects
   - B. what to do in case of an overdose
   - C. what color the pills are
   - D. the country where the medicine was made
   - E. conditions under which you should see a doctor
   - F. precautions for women who are pregnant or nursing

4. **What are some examples of sicknesses for which you would take medicine?**

5. **If the date today is January 5, 1997 and the expiration date on the medicine bottle is November 20, 1995, would you take the medicine? Why or why not?**

NAME _____

PROTECT YOURSELF AGAINST TAMPERING

U.S. nonprescription medicines are among the most safely packaged consumer products in the world. Most, by law, are sealed in tamper-evident packages for your protection. But manufacturers cannot make packages completely tamper-proof. It is up to you to learn to recognize the signs of medicine tampering. Here are tips to follow **every time you buy or take any medicine**. They can help protect you and your family against tampering:

- **Read the label.** Package labels list safety seals and other features you should look for.
- **Inspect the outside packaging** to make sure that safety seals are still in place.
- **Inspect the medicine itself.** Look for capsules or tablets that are different in any way from others in the package. (Don't use any medicine from a package that has cuts, tears, slices or that is not perfect.)
- **Never take medicines in the dark.** You won't be able to notice imperfections in the packaging or medicine.

VOCABULARY

imperfections

protection

Get together with your friends or family and take a trip to the pharmacy. Look at some medicine bottles and practice reading the label.

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A CONSUMER'S DICTIONARY OF TERMS

These classroom activities and handouts are bound to raise questions from your students about health related issues. To assist you in answering some of these questions, we are providing the following teacher's glossary that lists and defines key terms related to over-the-counter medications.

This information is provided to serve as a reference guide. We do not expect you or want you to become medical experts. We recommend that you do not provide medical advice to your students. We suggest you make appropriate physician referrals when a student is in need of medical care.

ACTIVE INGREDIENTS: Ingredients in medicines that provide therapeutic benefit.

ACUTE: Describing an experience that comes on rapidly and lasts a short time; sharp, as in acute pain. Differs from chronic, which describes a long-lasting or frequently recurring experience.

ADVERSE REACTION: Side effect. Any unintended, abnormal reaction to a medicine taken at normal doses.

ALKALINE BATH: Bath water to which sodium bicarbonate has been added; used to treat some skin disorders.

ALLERGEN: Any agent that produces an allergic reaction, such as animal fur, pollen, dust, certain foods, etc.

ALLERGIC REACTION: Abnormal bodily response to an ingredient in a medication or a natural substance such as ragweed, pollen or bee venom. Symptoms vary widely, but may include a rash (often itchy), hives, sneezing, wheezing, many nose or serious reactions leading to collapse. See Anaphylaxis.

ANALGESIC: Medication that relieves painful symptoms, especially headache and muscle soreness.

ANALGESIC LINIMENT: Liquid rubbed gently onto the skin which mildly stimulates nerve endings for warmth, coolness or pain—sometimes all three at once—blocking or distracting the user from more bothersome pain.

ANAPHYLAXIS: Severe hypersensitivity or reaction to an allergen, such as bee venom or a drug. Symptoms may include rash, swelling, breathing difficulty and collapse. A severe form is called anaphylactic shock. See Allergic Reaction.

ANESTHETIC: Medication that deadens sensation or feeling. Over-the-counter anesthetic agents are limited to topical applications.

A CONSUMER'S DICTIONARY OF TERMS

ANTACID: Preparation that neutralizes excess hydrochloric acid found in the stomach. Over-the-counter antacids relieve symptoms such as heartburn, sour stomach or acid indigestion caused by excess acid.

ANTIARTHRITIC: Medication that helps relieve arthritis symptoms, such as swelling, redness and pain.

ANTIBIOTIC: Medication that kills or limits the growth and multiplication of bacteria and other microorganisms. Most nonprescription antibiotics are applied topically.

ANTIDIARRHEAL: Medication that lessens or controls diarrhea (loose bowel movements).

ANTIFLATULENT: Agent that reduces intestinal gas. Antiflatulents are sometimes combined with antacids in a single product to relieve gas, such as heartburn, sour stomach or acid indigestion.

ANTIFUNGAL: Agent that destroys or prevents the growth of fungi. Usually applied topically. Fungal infections include jock itch, athlete's foot and ringworm.

ANTIHISTAMINE: Drug that minimizes allergy symptoms by blocking the action of histamine, a substance in the body that affects nasal and other tissues and may cause runny nose, congestion, sneezing and itching. Some antihistamines are also used as sleep aids because they induce drowsiness.

ANTIMICROBIAL SOAP: Soap containing an ingredient that kills or inhibits the growth and reproduction of bacteria.

ANTISEPTIC: Agent that slows or stops the growth of bacteria, but may not actually kill them. Often used to reduce bacteria in a wound and lessen the chance of infection.

ANTISPASMODIC: Drug that reduces muscle spasms of the gastrointestinal tract, airways and genitourinary tract.

ANTITUSSIVE: See Cough Suppressant.

ARTIFICIAL TEARS: Product used to relieve dryness of the eyes. These salty formulations mimic natural tears and coat and lubricate dry mucous membranes. They help the eye hold moisture and/or thicken the tear fluid.

ASTRINGENT: Substance that causes skin or mucous membranes to pucker and shrink by reducing their ability to absorb water. Often used in preparations such as shaving lotion and skin cleansers because it has a drying effect on the skin surface. It also reduces swelling and helps stop bleeding.

A CONSUMER'S DICTIONARY OF TERMS

BACTERICIDAL: Describing a drug that kills bacteria. See Antibiotic.

BACTERIOSTATIC: Describing a drug that stops the growth or multiplication of bacteria. See Antibiotic.

BALM: Soothing or healing preparation applied to the skin.

BATCH CODE OR LOT: Series of numbers and/or letters on over-the-counter medication labels indicating to the manufacturer where and when a particular bottle of medicine was manufactured.

BRONCHIAL MUSCLE RELAXANT (BRONCHODILATOR): Medication that relaxes the smooth muscles lining the airways leading to the lungs. Helps to widen airways, facilitate normal breathing and eliminate bronchial spasms.

BRONCHOCONSTRICTOR: Substance that causes the airways in the lungs to narrow or constrict. An attack of asthma may be caused by the release of bronchoconstrictors such as histamine.

BUFFERED: Describing a special formulation of a product that minimizes chemical irritation in the stomach.

BULK-FORMING LAXATIVE: Product that promotes bowel movement by increasing the stool's volume, water and fiber content, making the stool softer and easier to evacuate.

CAPLET: Form of medication shaped like a capsule, but solid like a tablet.

CAPSULE: Medicine-containing shell or gelatin or other material that can dissolve in the stomach, releasing the capsule's contents.

CATHARTIC: Drug that stimulates bowel action to help induce a bowel movement.

CHILD-RESISTANT PACKAGING: Packaging designed to resist opening by young children. Intended to reduce the likelihood of accidental ingestion and possible poisoning.

CHRONIC: Long-lasting or frequently recurring conditions.

CONSTIPATION: Condition in which bowel movements are infrequent or incomplete, sometimes accompanied by a sensation of abdominal cramping and pressure.

CONTRACEPTIVE CREAM OR JELLY: Substance used as a means of preventing pregnancy, applied topically in the vagina and sometimes used in a diaphragm.

A CONSUMER'S DICTIONARY OF TERMS

COUGH SUPPRESSANT: Substance, also known as an antitussive that suppresses or inhibits the act of coughing. Most antitussives act directly to inhibit the brain's cough-control center.

CONTRAINDICATION: Something (as a symptom or condition) that makes a particular treatment or procedure inadvisable.

COUNTERIRRITANT: Agent applied directly to the skin to stimulate nerve endings to feet warmth, coolness or pain, distracting the user from more bothersome pain.

DECONGESTANT: Oral or topical medication that helps clear up congestion and unclog nasal passages to allow freer breathing and better drainage.

DEMULCENT: Oil, salve or other agent that soothes and relieves skin discomfort. It helps tissues retain moisture and helps insulate from sun and wind.

DIURETIC: Drug used to remove excess fluids from the body by increasing the flow of urine.

DOSAGE INSTRUCTIONS: Information contained on product packaging or labels, which tells how much medicine to take, when to take it, and any special instructions.

DRUG: Substance taken by mouth, by injection or by suppository, or applied locally, to prevent or treat a disorder.

DRUG INTERACTION: The modification of the effect of one drug by another, in a way that diminishes, negates or enhances the effectiveness or safety of both drugs.

DYSMENORRHEA: Painful menstruation.

ELIXIR: Sweetened liquid, generally containing alcohol, that forms a base for many medicines, such as those used to treat coughs.

EMETIC: Substance that induces vomiting, for example, ipecac, used in the treatment of certain types of poisonings.

EMOLLIENT: Agent that soothes or softens the skin.

ENTERIC COATING: Coating on a medicine, allowing it to bypass the stomach and dissolve in the intestine, thereby helping to lessen stomach upset and irritation.

A CONSUMER'S DICTIONARY OF TERMS

EXPECTORANT: Medication that helps thin and loosen phlegm (thick mucus of the respiratory passages), making it easier to cough up bronchial secretions.

EXPIRATION DATE: The date prior to which the product can be expected to retain its full strength as stated on the label, according to the manufacturers; products should be disposed of properly, once they reach their expiration date.

EYEWASH: Sterile solution used to bathe the eye or dilute and flush out irritating foreign matter.

FDA: Food and Drug Administration, a branch of the federal government's Department of Health and Human Services. The FDA is responsible for reviewing data required to establish safety, effectiveness and proper labeling and manufacturing practices for all non-prescription and prescription medicines prior to marketing. It also regulates foods, cosmetics and medical devices.

FD&C ACT: Federal Food, Drug and Cosmetic Act (1938), the primary law governing drugs sold in the U.S. Among other things, the Act prohibits the sale of drugs that are contaminated, misbranded or otherwise dangerous to health; establishes minimum standards of strength, quality and purity for many drugs, and sets up specifications for drug labeling.

FTC: Federal Trade Commission, the federal agency responsible for preventing unfair and deceptive advertising.

FEVER REDUCER: Medication that lowers elevated body temperature; sometimes called an antipyretic.

FIBER: Nondigestible food content that adds roughage to the diet and bulk to the stool. Used to promote regular bowel movement.

FLAG: Symbol, phrase or notation on a package alerting consumers to significant product changes, including new ingredients, dosage instructions or warnings.

GENERIC DRUG: Drug not protected by a trademark. The generic name is distinct from a brand name chosen by a manufacturer for a particular product.

A CONSUMER'S DICTIONARY OF TERMS

GINGIVITIS: Condition in which the gums are red, swollen and bleeding. It most often results from poor oral hygiene and development of plaque on the teeth. If untreated, gingivitis can lead to a more advanced stage of gum disease called periodontitis, causing infection and tooth loss. This often can be successfully reversed by proper daily brushing and flossing to remove plaque.

GLYCERINE: Sweet, colorless preparation made from the glycerol found in fats; used as a moisturizing agent for chapped skin, in suppositories and as a sweetening agent in drugs.

GLYCEROL: Sweet, syrupy, moisture-retaining substance made from animal fats.

HEMORRHOIDAL OINTMENT: Preparation used to relieve the itching, pain and swelling of hemorrhoids.

HYPOALLERGENIC: Describing products from which most known allergens have been removed to minimize chance of allergic reaction.

INACTIVE INGREDIENTS: Substances not therapeutically active, such as starch, added to medicines to provide bulk, flavor, color or for other nontherapeutic purpose.

INHALER: Device for administering a drug through the mouth or nose. Inhalers are used principally in the treatment of respiratory disorders, such as asthma and upper respiratory infections related to the common cold.

LAXATIVE: Agent that promotes bowel movement by softening or increasing the bulk of the stool, lubricating the intestinal tract or stimulating muscle contractions of the intestine.

MINERAL SUPPLEMENT: Tablet, capsule or liquid that provides additional inorganic nutrients from sources outside the diet. Often used to augment the diet in combination with vitamins.

MIOTIC: Drug that constricts (narrows) the pupils.

MUCOLYTIC: Drug that thins and break up mucus secretions in the air passages.

MUCUS: Clear, thick secretion from, for example, the lining of the oral cavity, airways, digestive tract or vagina.

MYDRIATIC: Drug that dilates (widens) the pupils.

A CONSUMER'S DICTIONARY OF TERMS

NASAL DECONGESTANT SPRAY: Medicine in spray form used to reduce nasal swelling and congestion and allow the user to breathe more easily.

NONPRESCRIPTION MEDICINE: Medicine available over-the-counter without a doctor's prescription.

NONSEDATING: Not containing ingredients that may cause drowsiness.

OINTMENT: Semi-solid preparation or salve, applied externally, usually containing a drug.

OPHTHALMIC PRODUCTS: Medicines for the eyes. Those available over-the-counter are used in treating minor ailments such as tear insufficiency, sties or mild conjunctivitis.

OTIC SOLUTION: Ear drops. Used to relieve minor ear discomfort by softening ear wax.

OVER-THE-COUNTER (OTC) MEDICINE: Medicine available without a doctor's prescription. Used for the temporary relief, prevention or cure of self-recognizable conditions.

PERSIST: To continue to exist past a usual, expected amount of time, as in a symptom, such as pain.

PHARMACIST: Person who dispenses prescription medicines and offers advice on the choice and use of nonprescription medicines.

PHARMACY: Drugstore. A retail store selling prescription and nonprescription medicines.

POTENCY: Term referring to the relative strength of a drug.

PRESCRIPTION DRUG: Medicine available from a pharmacy only with a doctor's written order and instructions for use.

PRIMARY SELF-CARE: Treatment of routine health disorders with home remedies or use of nonprescription medicines as directed in the labeling without professional supervision or involvement.

PUPIL: Part of the eye. The black, circular opening in the center of the iris (colored portion of the eye) through which light enters.

A CONSUMER'S DICTIONARY OF TERMS

RECOMMENDED DAILY ALLOWANCE (RDA): The federal government's recommendations concerning the amounts of essential vitamins and minerals an average adult should consume each day.

RHINITIS: Inflammation of the membranes lining the nose. Usually occurs as a result of a cold or allergy.

RX-TO-OTC: Term describing the shift of prescription medicines by the FDA from prescription (Rx) to over-the-counter (OTC, nonprescription) availability.

SAFETY-COATED: Describing a tablet with a smooth coating that helps the user to swallow the medication.

SELF-MEDICATION: Self-care by the use of nonprescription medicines as directed by the labeling.

SENSITIVITY: Adverse reaction, usually allergic, to a drug.

SIDE EFFECT: Unintended, but sometimes not unexpected, effect on the body apart from the principal and intended action of the medication.

SLEEP AID: Agent that causes drowsiness and aids in falling asleep. Over-the-counter sleep aids are usually antihistamines.

SMELLING SALTS: Unusual smelling preparation, such as ammonia, used as a stimulant.

SPASM: Sudden involuntary muscle contraction.

STERILE DRESSING: Wound covering treated to be free of bacteria.

STIMULANT: Agent that increases the activity of a body part or system. Caffeine, for example, is a central nervous system stimulant.

STIMULANT LAXATIVE: Laxative that stimulates intestinal contractions as an aid in bowel movement.

SUNSCREEN: Preparation that, when applied to the skin, helps prevent sunburn. Sunscreens usually designate on the label how much protection from the sun they provide.

SUPPOSITORY: Form of medicine inserted into the vagina or rectum.

SYSTEMIC: Having a generalized effect; causing physical or chemical changes throughout the body.

A CONSUMER'S DICTIONARY OF TERMS

TAMPER-RESISTANT PACKAGING: Packaging designed to make it apparent to the user if someone tampered with the package after it was sealed in the factory.

TOPICAL: Used to describe the application of a drug directly to the external site on the body where it is intended to have its effect.

TOXIC REACTION: Symptoms, sometimes harmful and poisonous, caused by a drug as the result of an overdose or adverse reaction.

UNITED STATES PHARMACOPEIA (USP): Work containing monographs covering standards for the strength and purity of drug ingredients and directions for making medicinal preparations. USP is often used on nonprescription labels after the name of an ingredient to show that the ingredient meets specifications set forth in the United States Pharmacopeia.

VASOCONSTRICTOR: Agent that causes a narrowing of the blood vessels. Cold, stress, nicotine and certain drugs are vasoconstrictors.

VITAMIN SUPPLEMENT: Tablet, capsule or liquid that provides essential organic nutrients from sources outside the body. Often used to augment the diet.

VOMITING MEDICATION: Medication that prevents or helps to relieve vomiting. Called antiemetic medication. To induce vomiting, see Emetic.

YEAST INFECTION MEDICATION: Medication used to treat an infection caused by a yeast organism affecting the vagina, skin or mouth, causing itching, peeling or discharges.

ADDITIONAL COPIES

For Additional copies of the Read-the-Label/ESL Initiative Teacher's Guide, write to:

The Council on Family Health
Read-the-Label/ESL Initiative
225 Park Avenue South
Suite 1700
New York, NY 10003

Please specify the quantity of Teacher's Guides you would like to receive. Allow three to four weeks for delivery.

ETIQUETA DEL MEDICAMENTO

SPANISH

INDICACIONES PARA EL USO
Describen qué condiciones se pueden tratar con el medicamento.

INSTRUCCIONES Y DOSIS
Proporciona instrucciones sobre cómo tomar el medicamento, cuánto tomar, y cada cuántas horas.

ADVERTENCIAS Lista las condiciones bajo las cuales el medicamento no debería ser usado (incluyendo las precauciones para las mujeres que están embarazadas o amamantando), posibles efectos secundarios, limitaciones sobre el uso del producto, situaciones en las que debe consultar a un médico, y qué hacer en caso de sobredosis accidental.

LISTADO DEL ALCOHOL
Alerta a los consumidores sobre el contenido de alcohol del medicamento.

PRECAUCIONES DE INTERACCIÓN CON OTRAS DROGAS Alerta a los consumidores no tomar este medicamento, o consultar a un médico antes de tomarlo, si están tomando otros medicamentos o tienen alguna enfermedad médica particular. Esta información es de importancia especial para individuos con enfermedades crónicas tales como diabetes, enfermedades del corazón, hipertensión, o alergias a medicamentos comunes. La información de la etiqueta del medicamento también advierte a las personas que consumir ciertas comidas o bebidas mientras se toma un medicamento específico puede causar resultados inesperados.

DESCRIPCIÓN DE LAS MEDIDAS DE SEGURIDAD
Identifica las medidas de seguridad, tales como sellos y otras medidas de protección, que los consumidores deberán verificar antes de abrir el paquete y usar el medicamento.

Do Not Use if Neck Seal is Broken or Missing
See New Ingredients!
Balm's
Cough Suppressant Syrup
Smooth Coating Action For Cough Relief
Store at room temperature
Balm's Medicine Co.
New York
6 fl. oz.
Lot S2731
Exp. 12/98
1234-5678-12
Alcohol 10%
Dextromethorphan Cough Suppressant Syrup
Do Not Use if There Are Any Signs Of Tampering
Uses: For temporary relief of cough due to minor throat and bronchial irritation as may occur with a cold.
Dosage: Adults and children 12 yrs. and older 2 teaspoons every 6 to 8 hours. Children under 12: Consult a doctor.
Warnings: Do not take this product for persistent or chronic cough such that occurs with smoking, asthma, emphysema, or if cough is accompanied by excessive phlegm (mucus) unless directed by a doctor. Do not take if you have hypertension. As with any drug, if you are pregnant or nursing a baby, seek the advice of a professional before using. Keep this and all drugs out of the reach of children. In case of accidental overdose, seek professional assistance or contact a poison control center immediately.
Drug Interaction Precaution: Do not take if you are taking a prescription monoamine oxidase inhibitor without first consulting your physician.
Active Ingredient: Dextromethorphan 10 mg
Inactive Ingredients: Alcohol, Citric Acid, FD&C Red No. 46, Glucose, Water.

BEST COPY AVAILABLE

INDICATIONS FOR USE describe which conditions the product should be used to treat.

DIRECTIONS AND DOSAGE provide instructions for how to take the medicine, how much to take, and how often to take it.

WARNINGS list conditions under which the medicine should not be used (including precautions for women who are pregnant or nursing), possible side effects, limitations on product use, conditions under which a doctor should be seen, and what to do in case of accidental overdose.

LISTING OF ALCOHOL alerts consumers of the product's alcohol content.

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Inactive Ingredients: Alcohol, Citric Acid, FD&C Red No. 46, Glucose, Water.

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INDICATIONS Décrit les maladies pour le traitement desquelles le produit doit être utilisé.

MODE D'EMPLOI ET POSOLOGIE Indique comment prendre le médicament, quelle quantité, ainsi que la fréquence d'administration.

MISES EN GARDE Enumère les conditions dans lesquelles le médicament ne doit pas être utilisé (y compris les précautions à prendre par les femmes enceintes ou qui allaitent), les effets secondaires possibles, les restrictions concernant l'utilisation du médicament, les cas requérant la consultation d'un médecin, et les recours en cas d'administration accidentelle d'une dose excessive.

ALCOOL Signale aux consommateurs la teneur en alcool du médicament.

PRECAUTIONS - INTERACTIONS MEDICAMENTEUSES Conseille aux consommateurs de ne pas prendre le médicament ou de consulter au préalable un médecin s'ils sont présentement sous traitement médicamenteux ou s'ils souffrent d'une affection médicale existante. Ces informations sont particulièrement importantes si le patient présente une maladie chronique telle que diabète, maladie du cœur, hypertension ou allergies à des médicaments courants. Les informations portées sur l'étiquette médicale signalent également aux patients qu'il peut être dangereux de consommer certains aliments ou certaines boissons lorsqu'ils prennent un médicament particulier.

DESCRIPTION DU DISPOSITIF D'INVIOLABILITE Décrit les dispositifs d'inviolabilité, tels que sceaux ou autres mécanismes de protection, que les consommateurs doivent examiner avant d'ouvrir l'emballage et d'utiliser le médicament.

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1234-5678-12
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Syrup
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Active Ingredient: Dextromethorphan 10 mg
Inactive Ingredients: Alcohol, Citric Acid, FD&C Red No. 40, Glucose, Water.

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POU KI MALADI YO PRAN MEDIKAMAN AN dekri ki maladi ki trete ak medikaman an.

KOUMAN POU PRAN MEDIKAMAN AK DÒZ POU PRAN bay machaswiv sou fason pou pran medikaman an, ki kantite medikaman pou pran, ak konbyen fwa pou pran l.

AVÈTISMAN bay lis kondisyon ki pou genyen pou yon moun pa pran medikaman an (nan lis sa a gen prekosyon pou fanm ansent ak pou manman ki nouris), konsekans ki kapab genyen, limit nan kondisyon ak kantite tan ou kapab fè ap pran medikaman an, ki lè pou wè yon doktè ak ki sa k pou fèt si yon moun pran yon dòz anplis pa aksidan.

KANTITE ALKÒL fè moun ki sèvi ak pwodwi a konnen ki kantite alkòl ki gen ladan l.

PREKOSYON POU PA PRAN MEDIKAMAN AN ANSANM AK LÒT MEDIKAMAN fè moun k ap pran medikaman an konnen pou l pa pran medikaman an, oswa pou l al wè yon doktè anvan l pran medikaman an, si l ap pran lòt medikaman oswa si l soufri lòt maladi. Enfòmasyon sa a gen yon enpòtans espesyal pou moun ki soufri maladi grav tankou moun ki fè dyabèt (sik), maladi kè, tansyon, oswa alèji ak medikaman popilè yo. Enfòmasyon sou etikèt medikaman an fè moun konnen tou lè yo manje kèk kalite manje ak bwè kèk kalite bwason pandan y ap pran kèk medikaman, sa kabap gen konsekans ki pat prevwa.

DESKRIPSYON PREKOSYON POU ANPECHE DOMAJ FÈT NAN MEDIKAMAN AN idantifye prekosyon ki pran pou pa gen domaj ki fèt nan pwodwi a. Paegzanp, moun ki sèvi ak pwodwi a fèt pou enspekte materyèl ki sele kouvèti/bouchon medikaman an ansanm ak lòt prekosyon pou pran anvan yo ouvri pake a ak anvan yo pran medikaman an.

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О чем мы узнаем, читая инструкцию на лекарствах

RUSSIAN

Показания к применению: описывающие в каких случаях принимать лекарство.

Инструкции по применению и дозировке: как принимать, какую дозу и как часто.

Противопоказания: в каких случаях принимать лекарство не рекомендуется, (например беременным и кормящим женщинам), побочные эффекты, ограничения в приеме лекарства, меры, которые необходимо предпринимать при передозировке и в каких случаях следует обращаться за консультацией к врачу.

Указание процента содержания спирта предупреждает о том, что лекарство спиртосодержащее.

Меры предосторожности: указывающие на необходимость врачебной консультации, в случае, если вы принимаете другое лекарство в это же самое время. Особое значение это имеет для лиц с хроническими заболеваниями, такими как диабет, сердечно-сосудистые заболевания, повышенное давление или аллергические реакции на лекарства. Предостережение о том, что употребление определенных напитков или продуктов одновременно с принятием лекарства может вызвать побочную реакцию.

Описание признаков, на которые необходимо обратить внимание, когда открываете новое лекарство: хорошо ли запечатано лекарство, не нарушена ли упаковка, не разбита ли крышка и т.д.

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DIRECTIONS AND DOSAGE provide instructions for how to take the medicine, how much to take, and how often to take it.

WARNINGS list conditions under which the medicine should not be used (including precautions for women who are pregnant or nursing), possible side effects, limitations on product use, conditions under which a doctor should be seen, and what to do in case of accidental overdose.

LISTING OF ALCOHOL alerts consumers of the product's alcohol content.

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DESCRIPTION OF TAMPER-RESISTANT FEATURE identifies the tamper-resistant features, such as seals and other protective features, that consumers should inspect before opening a package and using medicine.

Do Not Use if Neck Seal is Broken or Missing
See New Ingredients!
Balm's
Cough Suppressant Syrup
Smooth Coating Action For Cough Relief
Store at room temperature
Balm's Medicine Co New York
6 fl. oz.
Lot S2731
Exp. 12/98
1234-5678-12
Alcohol 10%
Dextromethorphan Cough Suppressant Syrup
Do Not Use If There Are Any Signs Of Tampering
Uses: For temporary relief of cough due to minor throat and bronchial irritation as may occur with a cold.
Dosage: Adults and children 12 yrs. and older 2 teaspoons every 6 to 8 hours. Children under 12: Consult a doctor.
Warnings: Do not take this product for persistent or chronic cough such that occurs with smoking, asthma, emphysema, or if cough is accompanied by excessive phlegm (mucus) unless directed by a doctor. Do not take if you have hypertension. As with any drug, if you are pregnant or nursing a baby, seek the advice of a professional before using. Keep this and all drugs out of the reach of children. In case of accidental overdose, seek professional assistance or contact a poison control center immediately.
Drug Interaction Precaution: Do not take if you are taking a prescription monoamine oxidase inhibitor without first consulting your physician.
Active Ingredient: Dextromethorphan 10 mg
Inactive Ingredients: Alcohol, Citric Acid, FD&C Red No. 46, Glucose, Water.

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適應症——
說明藥物能治療哪些疾病。

指示和劑量——
說明服用藥物的方法、劑量、次數。

注意事項——
說明不宜服用該藥物的情況。孕婦或授乳婦女應注意的事項，可能出現的副作用，藥物使用的局限性，需醫生診治的疾病，如何處理用藥過量所產生的緊急情況。

酒精含量表
說明該藥物的酒精含量。

預防藥物交叉作用——
如果患者正在服用其他藥物，服用此藥前應找醫生診治。患有以下慢性疾病者尤其要注意，例如：糖尿病、心臟病、高血壓、對常見藥物過敏。服用此藥物期間，同時進食某些食物或飲料可能會引起意外結果。

包裝封口特徵——
說明保護藥物的安全措施。如：封口，防止兒童打開的帽蓋。啓封及用藥前必須檢查封口。

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See New Ingredients!
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Cough Suppressant Syrup
Smooth Coating Action For Cough Relief
Store at room temperature
Balm's Medicine Co. New York
6 fl. oz.
Lot S2731
Exp. 12/98
1234-5678-12
Alcohol 10%
Dextromethorphan
Cough Suppressant
Syrup
Do Not Use If There Are Any Signs Of Tampering
Uses: For temporary relief of cough due to minor throat and bronchial irritation as may occur with a cold.
Dosage: Adults and children 12 yrs. and older 2 teaspoons every 6 to 8 hours. Children under 12: Consult a doctor.
Warnings: Do not take this product for persistent or chronic cough such that occurs with smoking, asthma, emphysema, or if cough is accompanied by excessive phlegm (mucus) unless directed by a doctor. Do not take if you have hypertension. As with any drug, if you are pregnant or nursing a baby, seek the advice of a professional before using. Keep this and all drugs out of the reach of children. In case of accidental overdose, seek professional assistance or contact a poison control center immediately.
Drug Interaction Precaution: Do not take if you are taking a prescription monoamine oxidase inhibitor without first consulting your physician.
Active Ingredient: Dextromethorphan 10 mg
Inactive Ingredients: Alcohol, Citric Acid, FD&C Red No. 40, Glucose, Water.)

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Cho Biết Cách Dùng mô tả những tình trạng mà sản phẩm được dùng để chữa trị.

Chỉ Dẫn Và Liều Lượng Chỉ dẫn cách thức uống thuốc, lượng thuốc, và bao nhiêu lần.

Cảnh Cáo liệt kê tình trạng không được dùng thuốc (kể cả việc phòng ngừa cho phụ nữ mang thai hay cho con bú) các phản ứng có thể có, những giới hạn khi dùng thuốc, những tình trạng cần phải gặp bác sĩ, và những gì phải làm trong trường hợp lỡ uống quá liều thuốc.

Liệt Kê Nồng Độ Rượu báo cho người tiêu dùng số lượng của rượu trong sản phẩm.

Các Phòng Ngừa Tác Động Hỗ Tương Của Thuốc Khuyên những người tiêu dùng không được uống, hay phải tham vấn với bác sĩ trước khi uống thuốc, nếu hiện đang uống vài loại thuốc khác hay đang có một tình trạng y tế. Tin tức này rất quan trọng cho những người bị bệnh kinh niên như tiểu đường, tim, áp huyết cao, hay có dị ứng với thuốc thông thường. Tin tức trên nhãn hiệu thuốc cũng cảnh cáo những người tiêu dùng khi tiêu thụ một vài thức ăn và thức uống, sẽ có những hậu quả không tốt khi uống thuốc.

Mô Tả Về Đặc Tính Chống Bị Phá Rối ghi nhận đặc tính không bị phá rối, như đặc tính bịt kín và các cách bảo vệ khác mà người tiêu dùng phải kiểm soát khi mở hộp và dùng thuốc.

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THE MEDICINE LABEL

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Cough Suppressant Syrup
Smooth Coating Action For Cough Relief
Store at Room Temperature
Balm's Medicine Co.
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This Teacher's Guide is
brought to you by:

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New York, NY 10003

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Speakers of Other Languages, Inc.
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Suite 300
Alexandria, VA 22314

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